



The

RISING RESILIENT

Success Framework

Resilience is a multifaceted trait, combining an adaptable mindset, a foundation of personal values & purpose, continuous learning, self-care, and robust support systems.

Building your Entrepreneurial Resilience Success Pillars moves you towards thriving, not just surviving. By embracing the principles and practices in this iSuccess framework below – the 7 Pillars of Vision, Self-Management and Adaptability - individuals, business leaders, and organisations can navigate the complexities of the modern world with greater ease and success.

You can use this as a checklist for resilience work you already are doing – simply rank the strength of this pillar for yourself on a scale of 0-10 (with 10 being the highest) and enhance any that are 7 or below. Or you can add in those that aren't on your radar, and add to the list if you feel there's an important pillar that missing here for you.

When you create your personal framework, you will find that rising resilience becomes faster, easier and more natural.

7 PILLARS OF VISION, SELF-MANAGEMENT & ADAPTABILITY

#1 - Embracing Uncertainty with a Dynamic Mindset

In entrepreneurship, the only constant is change. Successful entrepreneurs don't just tolerate uncertainty – they embrace it. This involves developing a dynamic mindset that sees potential in every challenge. They view setbacks not as roadblocks but as stepping stones to innovation and growth. The entrepreneurial journey is riddled with unexpected twists and turns, and resilience lies in navigating these with agility and a forward-thinking approach.

#2 - Purpose-Driven Persistence

Entrepreneurs with a deep sense of purpose and passion are more resilient. Their vision isn't just about profits; it's also about the impact they aspire to create. This purpose drives them through tough times. When challenges arise, a strong sense of mission provides the motivation to persevere. It's this unwavering commitment to their vision that fuels long-term resilience.

#3 - Learning from Failure – The Entrepreneurial Laboratory

Resilient entrepreneurs treat failures as learning opportunities. The entrepreneurial world is a laboratory where every failure provides valuable data. Instead of being deterred by setbacks, resilient entrepreneurs analyse these experiences, extract lessons, and apply them to improve their strategies. This continuous learning loop is a cornerstone of entrepreneurial resilience.

#4 - Cultivating Emotional Intelligence

Entrepreneurship is not just a test of business acumen but also emotional resilience. The ability to manage one's emotions, empathize with others (including customers and team members), and maintain a calm demeanour in crises is vital. Emotional intelligence helps entrepreneurs navigate stress, make better decisions, and maintain healthy relationships, all of which are essential for resilience.

#5 - Building and Leveraging Support Systems

Entrepreneurial resilience is strengthened by robust networks of people who can provide support, advice, resources, and sometimes, a much-needed sounding board. Building strong relationships with mentors, peers, and industry experts can offer critical support and insights, especially during challenging times. Friends and family offer personal strength in times of need.

#6 - Resilience in Resourcefulness

Entrepreneurship often involves resource constraints. Resilient entrepreneurs excel in making the most of limited resources, turning constraints into creative solutions. This resourcefulness is a key aspect of resilience, reflecting an entrepreneur's ability to adapt and innovate in less-than-ideal circumstances.

#7 - Prioritizing Self-Care and Mental Health

Lastly, resilient entrepreneurs recognize the importance of self-care and mental health. The entrepreneurial journey can be a marathon, and maintaining physical and mental well-being is crucial for long-term success. This includes managing stress, ensuring work-life balance, and seeking support when needed.

In summary, entrepreneurial resilience is a multidimensional construct. It's about adapting to change, staying committed to a vision, learning from failures, managing emotions, building networks, being resourceful, and prioritizing well-being.

Entrepreneurs who embody these traits not only survive the challenges of their ventures but thrive, paving the way for innovation and success in the ever-evolving business landscape.

Hope this was a helpful framework to think about developing your own resilience blueprint – and if you need some help building Your Resilient Entrepreneurial Success Pillars, drop me a note via or book a call.

Jay Allyson

Let's connect!

HOPE YOU ENJOY YOUR *i*SUCCESS EXPERIENCE AND ACHIEVE GREAT RESULTS.

FURTHER RESOURCES

Rising Resilient has been the theme for the entire 2024 run of our Leveraged Business Podcast. Over the course of 20+ episodes, I've interviewed a diverse group of female entrepreneurs talking about resilience – not only their personal practices but how they help/coach others in this critical area of career advancement, business growth, and life.

What follows – as a **bonus to this framework** – is a summary that spotlights what each guest brought to the conversation as well as overarching emerging themes and insights.

I am proud to have brought this collection of health, wisdom and resilience together. We are planning to create a multi-author book to capture this unique and powerful compilation and the rich tapestry of wisdom and practical strategies that's been created.

Jay Allyson

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MAJOR THEMES EMERGING

The series emphasises that resilience is an ongoing journey requiring intentional development of mindset, skillset and support systems - both individually and organisationally.

COMPONENTS OF RESILIENCE

- It's not just bouncing back, but bouncing forward and adapting to reach a better place
- Resilience is not something you have, it's something you do
- Requires both inner work (mindset, emotional regulation) and outer work (actions, behaviours)
- Balance needed between optimism and realism
- Self-compassion and self-awareness are foundational

2. KEY FACTORS FOR BUILDING RESILIENCE

- Having strong support systems and connections
- Taking imperfect action rather than waiting for perfection
- Regular self-care practices and boundaries
- Understanding and leveraging personal strengths
- Learning from setbacks and reframing challenges as opportunities
- Building confidence through small wins

3. ORGANISATIONAL RESILIENCE

- Creating cultures that normalize discussing risks and challenges
- Empowering adaptable leadership at all levels
- Balancing short-term wins with long-term vision
- Aligning teams around clear purpose and values
- Regular evaluation and adjustment of strategies
- Supporting psychological safety and open communication

4. COMMON CHALLENGES TO RESILIENCE

- Perfectionism and fear of failure
- Isolation and lack of support
- Burnout from pushing too hard
- Loss of purpose or motivation
- Getting stuck in victim mindset
- Resistance to change

5. PRACTICAL STRATEGIES FOR DEVELOPING RESILIENCE

- Creating mini-resets and regular renewal practices
- Building skills and capabilities incrementally
- Setting realistic expectations and celebrating progress
- Focusing on what's in your control
- Maintaining perspective on challenges
- Finding meaning and purpose in difficulties

PER EPISODE HIGHLIGHTS:

Jay Allyson (Ep. 101):

- Building resilience as a multidimensional construct
- Cultivating resilience as a daily practice
- Paving the way for innovation and success

Carmen Morrison (Ep. 102):

- Importance of secure connections with others for resilience
- Allowing yourself to fully feel and process emotions
- Asking empowering questions to find options and solutions

Melanie Hussell (Ep. 103):

- Having the courage to challenge the status quo
- Pushing yourself out of your comfort zone to experiment and learn
- Deeply listening to clients without judgment

Linda Lalicata (Ep. 104):

- Self-compassion and self-awareness are key for resilience
- Facing fears and self-doubt to find your inner strength
- Connecting with your values to find direction and purpose

Margo Mansfield (Ep. 105):

- Using challenges as opportunities for spiritual growth
- Importance of self-care practices and supportive relationships
- Becoming your own best friend to appreciate yourself

Mia Sindolic (Ep. 106):

- Embracing a sense of adventure and uncertainty
- Staying true to yourself and your intuition
- Focusing on serving and educating clients vs self-promotion

Lily Woi (Ep. 107):

- Reaching out to others for support during tough times
- Daily practices like meditation to reset and recharge
- Identifying your unique strengths and letting go of the rest

Laura Hess (Ep. 113):

- Finding joy in everyday moments and activities
- Being authentic and vulnerable to connect with others
- Gratitude and optimism balanced with accepting reality

Christina Becker (Ep. 114):



- Reframing adversity as an opportunity for learning and growth
- Allowing yourself space to grieve losses and setbacks
- Surrendering to the process vs trying to control everything

Berry Kruijning (Ep. 116):

- Defining success and resilience on your own terms
- Leveraging your innate strengths vs trying to be someone else
- Dancing, sailing and time in nature to recharge and reset

Suzanne Magee (Ep. 119):

- Cultivating mentors and supportive relationships
- Always be learning and building new skills
- Finding a greater purpose in your work beyond accolades

Susan Schramm (Ep. 120):

- Adaptability and agility to navigate risks and setbacks
- Open communication and alignment across the organization
- Connecting work to a meaningful impact on people's lives

Jay Allyson (Ep. 121):

- Handling the high achiever crossroads and plot twists
- Approaching life's journey with curiosity, courage and self-compassion
- Resilience as a continuous dance of attention and adjustment

YOUR NOTES